

# OKYEAME

December 7, 2006

American Embassy,  
Accra

## REMEMBERING PEARL HARBOR

Pearl Harbor is a simple embayment on the island of Oahu, Hawaii, west of Honolulu. Much of the harbor and surrounding lands is a United States Navy deep water naval base: headquarters of the U.S. Pacific Fleet. It was the attack on Pearl Harbor by Japan on December 7, 1941 that brought the United States into World War II.

### Attack on Pearl Harbor

On the morning of December 7, 1941, planes and midget submarines of the Imperial Japanese Navy began a surprise attack on the U.S. under the command of Vice Admiral Chuichi Nagumo. It has to be remarked that the attack might have been no surprise as vital intelligence information about the imminent attack was not passed to the Navy commander Admiral Husband E. Kimmel and Army commander Walter Short. This attack brought the United States into World War II. At 6:00 a.m. on December 7, the six Japanese carriers launched a first wave of 183 planes composed of torpedo bombers, dive-bombers, level bombers and fighters. The Japanese hit American ships and military installations at 7:53 a.m. They attacked military airfields and at the same time they hit the fleet anchored in Pearl Harbor. Overall, twenty-one ships of the U.S. Pacific fleet were damaged and the death toll reached 2,403 with 1,178 injured.

### Pearl Harbor Naval Shipyard

Established as the Pearl Harbor Navy Yard in 1908, this former coaling station has grown to play a central role in maintaining the U.S. Navy's Pacific Fleet. It is the largest naval repair facility in the broad expanse of the Pacific between the west coast of the United States and the Far East. The Shipyard was heavily involved in repairing the Pacific Fleet following the 1941 attack on Pearl Harbor. Its dry docks and machine shops service virtually all types of naval craft from submarines (including the Los Angeles class) up to aircraft carriers. The shipyard is Hawai'i's largest industrial employer today, with more than four thousand civilian workers and around eight hundred uniformed personnel.

[edit] Luke Field

Luke Field is a section of Naval housing on Ford Island in Pearl Harbor, adjacent to the USS Utah Memorial. Luke Field expanded in the late 1990s, once the Admiral Clarey Bridge was opened.

### For further readings: Non-Fiction/Historical

*At Dawn We Slept: The Untold Story of Pearl Harbor* by Gordon W. Prange is an extremely comprehensive account of the events leading up to the Pearl Harbor attack. It is a balanced account that gives both the perspective of the Japanese and United States. Prange spent 37 years researching the subjects by studying documents about Pearl Harbor and interviewing surviving participants to attempt the most exhaustive truth about what happened to bring the Japanese to attack the United States at Pearl Harbor, why the United States intelligence failed to predict the attack, and why a peace agreement was not attained. The Village Voice said about *At Dawn We Slept*, "By far the most exhaustive and complete account we are likely to have of exactly what happened and how and why."

*From Wikipedia, the free encyclopedia*

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### CLO Office Hours



Mon-Thurs  
8am-4pm

Fri

8:00 am-  
12:00pm

**If you have news, classified, suggestions, letters, restaurant reviews etc. for the Okyeame, please write to the Editor, Mikelle Antoine at:**

**[accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com)  
Deadline Monday 5pm**

**Please let us know what you would like to see in the Okyeame. Your suggestions, criticism and story ideas are most welcome!**

The *Okyeame* is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, suggestions and classified ads to [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com). Submission deadline is COB Monday of publication week. Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Ads will be run for three weeks and can be renewed. If an item is sold before the three weeks are up, please notify [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com). Ads and submissions are accepted based on appropriateness and relevance to the Embassy community. *Okyeame* is a Twi word meaning linguist, or chief's spokesperson.



## Bowls

By Dr. Anne P. Copeland



# Disrupting Family Dynamics: The Case of the Cereal

A few months ago my family got new cereal bowls, and the result has been a major disruption in our family life. Here's why:

The bowls are an odd shape, so just a few of them completely fill the top of the dishwasher. So the dishwasher is full before dinner. So the daughter whose turn it is to do the dinner dishes has to wait until the pre-dinner dishwasher load is finished. So she goes off to do her homework instead of doing the dishes. So the other daughter, whose turn it is to clear the dinner dishes from the table, doesn't bother to clear them right after dinner. And then they both forget and go to bed and the dirty dishes are everywhere. And since there are dirty dishes everywhere, it's hard to get motivated to keep the rest of the house tidy. So the mom and dad are grumpy and you can imagine the rest.

I'm telling you, when we had neatly-nesting cereal bowls, this didn't happen. If cereal bowls can do this to a family that has not even moved, think what an international move does to family dynamics. And I'm just talking about housewares and architecture here. Consider, for example: \* How many televisions are there now, what rooms are they in, and what does that do to who watches what, with whom, and thus to what shared experiences family members have? \* Where are the children's toys kept, how close is this to the kitchen, and what does that do to how much supervision the children get? \* How many rooms are in the home and how many floors are there, how many people can comfortably sit in each room, and what does that do to the casual conversation that family members have with each other?

\* What is the layout of the kitchen, how many people can stand or sit in it, and what does that do to who comes into the kitchen and to the mood of the person doing the family cooking? \* Are there doors in each room, do people close them, and what does that do to people's sense of privacy?

The answers to all of these questions, for people moving to a new country, is likely to be "different from what we had at home." It's the difference - the stress of change and its impact on family patterns - that puts a strain on families. Don't think that having "better" conditions is always easy on a family. Having more TVs, more rooms, and bigger kitchens than you're used to challenges a family just as does having fewer and smaller ones.

Those new cereal bowls are really pretty - they're "better" than our old ones. But they gotta go.

Dr. Anne P. Copeland is founder and Executive Director of The Interchange Institute, a non-profit organization whose mission is to facilitate dialogue between people who move to a new country and their host communities. The Institute publishes helpful materials for people moving to the U.S., conducts research on families moving around the globe, and trains people to conduct cross-cultural orientations. Dr. Copeland is a psychologist with expertise in cultural issues and family intercultural transitions. To learn more about the Institute's work, see [www.interchangeinstitute.org](http://www.interchangeinstitute.org). To receive regular communications about the intercultural experience, like this essay, visit the Contact Us page of the site and check the box to receive "E-notes from Anne."

From [www.talesmag.com](http://www.talesmag.com). 2003.



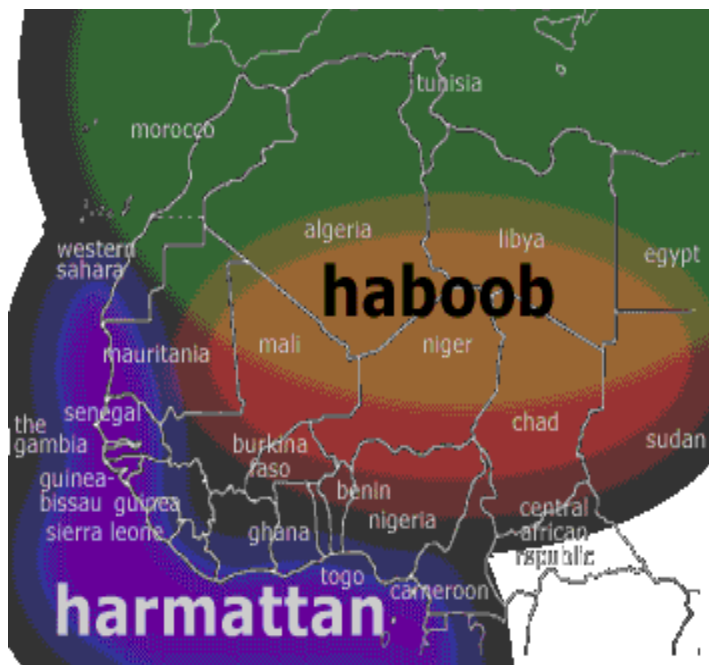
## HARMATTAN

*In the sky you are a star  
That does not shine  
On the sea you are the sand  
That does not moisten...*

During the harmattan season in West Africa, the air thickens with the Saharan dust blown in by the persistent northeasterlies. The sky turns soupy yellow, the stars are obscured at night, and your lips start to crack from the unusual dryness. Clothes collect dust over the course of the day, and floors must be constantly swept to keep the desert from encroaching on your home. The Harmattan winds consist of dry tropical continental globe-encircling trade winds. During the northern hemisphere's winter months (November-March/April), the Harmattan winds blow towards West Africa bringing extremely dry, dusty, warm air. The good news is that the decreased humidity makes the temperature a

little cooler. The bad news is all the dust in the air that is blown in from the Sahara.

It is common for people to experience several unpleasant effects from the increased dust and pollution in the air. Contact lens wearers may experience dryness, scratching and irritation. Clean your contacts often and use a wetting solution or liquid tears solution to rinse your eyes as often as needed.



If you have allergies, expect them to worsen during this time. If you are having problems with persistent runny nose, itchy eyes, coughing or sneezing, come see us in the HU or see your primary care physician.

Because of the dryer conditions, you need to increase the amount of fluids you normally drink every day. Dehydration can cause fatigue, weakness, headache, lightheadedness and nausea. Drink at least 2 liters of hydrating fluids every day. Remember if you are thirsty, you are already a quart low.

Christine Rada FSHP

Embassy Health Unit

# AROUND TOWN

**North American Women's Association (NAWA)** promotes friendship among North American women, and between North American & Ghanaian women. NAWA fundraises for charitable organizations that support women and children in Ghana. Meetings are held on the **second Thursday of each month**, between September and May. Join us at **6:45pm** at the **Coconut Regency Hotel**. Look forward to meeting new friends, supporting worthy causes in Ghana and participating in cultural and social activities. The NAWA published book, *No More Worries*, can be found in stores throughout Ghana. Check the [www.noworriesghana.com](http://www.noworriesghana.com) website or go to [www.nawaghana.com](http://www.nawaghana.com). Call secretary Carol Pietryk at 0242 108273 (email: [icpietryk@yahoo.com](mailto:icpietryk@yahoo.com)) or president Monica Carr at 0243 680799 for further information. "You are welcome."

**Ghana International Women's Club** Formed in 1980 with the intention of establishing a strong bond of friendship among 'women of the world', and fostering a better understanding of one another's cultures. Members organize fundraising events and volunteer work. Monthly meetings every 2nd Wed at **Kohinoor Restaurant in Osu** at 9:30 am.

**Ghana Bead Society** Develop knowledge, appreciation, and interest in beads in Ghana, both from a traditional and contemporary point of view. Monthly meetings at the DuBois Center, East Cantonments; 4:30 pm, first Thursday of each month. Contact Trish Graham at 764-349 or e-mail: [trish\\_graham@hotmail.com](mailto:trish_graham@hotmail.com).

**Alliance Française** Provides French classes for children and adults, and hosts numerous cultural events. Located on Liberation Link Road, Airport Residential. Tel: 773-134.

**American Chamber of Commerce** promotes commercial, economic, educational and cultural ties between the U.S. and Ghana. Their regular luncheon meetings are on the last Wednesday of the month at La Palm from 12-2:30. Tel: 247-562, 024-251-605. E-mail: [amchamgh@ghana.com](mailto:amchamgh@ghana.com); Website: [www.amcham\\_africa.org](http://www.amcham_africa.org). Located at Hse #C609/3 5th Crescent St, Asylum Down.

**Scottish Country Dancing The Caledonian Society of Ghana:** Scottish Country dancing is back. All are welcome to join in at the Grasscutters club, every Tuesday night from 7.30pm. For more information call 0244 069 169 or e mail [caledonianghana@yahoo.co.uk](mailto:caledonianghana@yahoo.co.uk)  
**Accragio**, a singing group open to expatriates and Ghanaians, is preparing its fall program and welcoming new singers. For more information, call Nate at 774-558. Rehearsals take

place every Tuesday night at 7:30 p.m. in Labone.

Energize yourself and reduce stress with **Hatha Yoga** at YMCA Mon-Wed-Friday, 5:30 pm - 7 pm. Contact Peace on 024-422-6079 or 775-348 ext. 4277.

**The International Players** The International Players is a local amateur dramatic group that performs publicly. Anyone interested in amateur theater is invited to participate. For information contact: Trish Graham at 764-349 or e-mail: [trish\\_graham@hotmail.com](mailto:trish_graham@hotmail.com).

**Bunko** is up and running here in Accra! Fast paced, easy to learn, no skill required, (**ladies only!**) dice game. We meet monthly at rotating houses. For more info or to sign up, email Kylie at [edhrcir@hotmail.com](mailto:edhrcir@hotmail.com).

**Theater Mirrors.** A local Ghanaian acting troupe, begun in 1986, whose members perform every Friday night at **Bywel Bar**, located across the street from Sotrec Grocery in Osu. Admission is free. 8 PM. The acting group is also available for private performances. Call 024-678956 for details.

**Ghana National Theatre** Monthly Symphony Program "Sunday at Five" held the last Sunday of every month **is now at Christ the King Parish Hall due to renovations.** Still at 5 pm, still a bargain at 20,000 cedis, 665-735 or 663-467.

**Friends of Bill W.** Meet Monday evenings 7-8 pm near the Cathedral in Adabraka. Contact Ludwin 020-2018540 or Lydia 024-611385.

**Happy Hour** Fridays at 5:30 pm an informal group meets for unwinding at the Labone Coffee Shop. All are welcome.

**Hash House Harriers (Accra)** The Hash House Harriers has been described as a '*drinking group with a running problem.*' However, non-drinkers and walkers are welcome. The Hash runs every Monday, with a 5:15 pm **sharp** departure. Location varies. Contact [ac\\_crahhh@yahoo.com](mailto:ac_crahhh@yahoo.com) for details.

**Hash House Harriers (Tema)** is composed of Ghanaians and expats in and around the Tema area and welcome families with children. Every Thursday at 5:15 April thru October and 5:00 pm November thru March. Contact Frank Davis, at [frank.davis@valcotema.com](mailto:frank.davis@valcotema.com) or call 020-201-1525 for information on directions to starting point.

**Duplicate Bridge** group meets every Tuesday night at 7:30. Any questions please contact Gerry Gray Thibodeau for information or to arrange a partner, 021-775-414. (evenings)  
**Pick-up Basketball** Tuesday evenings (6-8 pm) at GIS. Everyone is invited to join the fun. For

additional information, please contact Ted Lawrence ([tlawrence@usaid.gov](mailto:tlawrence@usaid.gov)) or Rob Clausen ([rclausen@usaid.gov](mailto:rclausen@usaid.gov)). They can also be reached by telephone at 228-440.

Pippa's Health and Fitness Center in Osu runs **Tumble Tots** on Monday, Wednesday and Friday from 9:30-11:45 am for 40,000 cedis a day. Toddlers can run around, play, and climb on the gym's tumble equipment and meet other toddlers in the area. Parents or nannies are welcome. Call 22 44 88 for more info.

**Mom/Dad & Tots** (3 and under) at British High Commission Grasscutters Return. Wednesdays 9:30-11:15 am.

**Taekwondo** at Pippa's Health and Fitness Center. Adults and kids are welcome. Learn from National Champion Master Stephen Yeboah. Call for registration: 22 44 88.

**Frisky's International Film Buff Club** views films Tuesdays 7pm. Call Ian at 0244 363017 or Katya at 024 329679 for directions or to receive a map by email.

**Free Meditation** each Wed at 6-7pm. Free pranic healing Wed. 10am-6pm. At the GMCKS Pranic Healing Center, 1<sup>st</sup> floor, Pyramid House, Ring Road central (Next to Alitalia). Website: [www.pranichealing.org](http://www.pranichealing.org) Phone: 0275089645 Mythili Raja Mohen

**International Spouses Association of Ghana (ISAG)** Are you a non-Ghanaian married to a Ghanaian? If yes, then come and meet others in a similar relationship. First Wednesday of every month at 5.30pm at Ghana International School film room. It's fellowship with some serious bits! For more information, contact Judd on 024-476-7063 or Nina on 024-477-8229 or email [isag@ighmail.com](mailto:isag@ighmail.com)

**The Accra Tema Yacht Club (ATYC)** is in Ada on the Volta River, 1½ hours from Accra, close to Manet Paradis Hotel. Races of catamarans and sail boats are held monthly. ATYC has 3 Lasers available for daily or hourly rental, a small bar and four chalets where members may stay overnight. **New members are welcome** as are day visitors for which a nominal daily charge is payable. Contact [dmcallag@gmail.com](mailto:dmcallag@gmail.com) -or- [Duncan.macnicol@asc-gh.com](mailto:Duncan.macnicol@asc-gh.com)

**African American Association of Ghana (AAAG).** General meetings held every third Saturday of the month. 2-4pm at the W.E.B. Dubois Center in Cantonments. For more info call 021-785438 or [sankofaaaag@yahoo.com](mailto:sankofaaaag@yahoo.com)

**Fit & Fun Gymnastics Club** for children from 2 years and teenagers. Learn the basics of movement improve flexibility, balance and body awareness. Gymnastics helps them learn self discipline, patience and have more self confidence. Call 024 3515889 for info.



# Community News and Events

## CHRISTMAS FLEA MARKET



Saturday December 9 from 10 am to 4 pm

Christmas Flea Market at the RMS Swiss School on Ring Road Central (by Nima police station, behind Lufthansa)

There will be many vendors; this is your opportunity for one stop shopping for Christmas. The school has a wonderful playground for your kids and the Clubhouse of the Swiss Society Ghana is open for you to relax, have a drink and a bite to eat.

Please call if you have any question or need directions (Monika 0244 311939)



## Leaving?

Can't take that wonderful dog with you but you want it to go to a good home? I am looking for one nice adult dog whose bark is worse than its bite. One who is good with children but fiercely protective of it's environment.

Prefer Alsatian but would consider other breeds as well. Please contact Laurie 0277-549905

**SPECIAL SALE - AFRICAN JEWELLERY.** A group of African Jewelry Designers will be holding a sale every Friday from 8 am -11am in Airport Residential Area during one month. Please, call : Tel:0242 266 713 OR 0244 372 834

**Experienced Housekeeper Available**– Michael has 4 ½ years experience working as a housekeeper / gardener for U.S. Embassy families and 12 years experience as a gardener for expats prior to housekeeping. He is extremely reliable, hardworking and an excellent housekeeper. Please call Diane at 0244331244 for a reference. (1)

OPEN HOUSE! PORTES OUVERTES!

## FERNAND NONKOUNI

Invites you to discover his recent paintings  
Ongoing until Sunday, 10<sup>th</sup> of December, 8.00 pm  
Come any time, and bring your friends !

Fernand NONKOUNI and Caroline PIQUET

53 Patrice Lumumba Road,  
Airport Residential Area - Accra  
Tel. 021.77.23.94 – 0243.42.54.55

nonkouni@hotmail

## CLASSIFIEDS

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, and classified ads to [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com). **Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana.** Submission deadline is 5pm Monday of the publication week. Ads will run for 3 weeks and can be renewed. If an item is sold, please notify [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com). Send your classifieds to [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com).

### SEEKING EMPLOYMENT

**Looking** for a very experienced cook/housekeeper that can make a variety of western and African meals, appetizers, and desserts, know how to serve at dinner parties, and light housekeeping. contact Monique at 0244311944 (2)

Djemela is a young lady looking for employment as a **domestic help and cook**. She is hard-working, honest and trustworthy. Call Djemela directly at 0242-929757 or for references call 0244-311256. (2)

Do you need a **reliable and trustful person** to look after your house and perform different tasks? Joseph Alou, has over 17 years experience as guard, handyman and gardener in the Embassy of Former Yugoslavia. Refs. available. Contact either Joseph Alou on 024 67 40 815 or his former employer Mr. Anjelkovich on 024 43 74 020 (1)

**Driver, "Man-Friday" available.** Emmanuel has worked for me for nearly three years. He is a flawless driver - has not even scratched my car in that time. He does countless other tasks and does them all well, including running errands, washing and ironing (he does this very well), and taking care of my dogs. Call 0344-311-262 or email mschulman@usaid.gov (2)

**Driver available** - reliable, responsible, honest and safe. Isaac has worked for us for two years and we have trusted him to drive our new baby. We are returning to Australia mid-December and are keen to find him a new position. Call Isaac on 0243 455 367 or 021 780 380 for references.(1)

**Need a Turkey** or several for **Christmas**? For Sale: Imported turkeys raised locally. Great quality--sold live or dressed. Location near US Embassy Annex. Contact Eddie-0244-053305 (1)

**FRENCH TUITION** - Qualified and experienced French teacher. From Beginners to specific French, children and adults. Send email to received complementary information to: transnet@hikyaku.com (1)

## 2006 Christmas collection for refugees in Ghana

**THE UNHCR HUB IN ACCRA IS COLLECTING TOYS, SECOND-HAND CLOTHES AND OTHER GOODIES TO OFFER AS PRESENTS FOR THE REFUGEES IN KRISAN REFUGEE SETTLEMENT (located by the Ivorian border and hosting about 1700 refugees).**

**These items will be collected up to December 15, 2006. UNHCR is also supporting**

**the disabled community** in the Buduburam settlement (located after Kasoa and hosting about 39 000 refugees, mainly Liberians) and collecting the following items: **BOOKS, MAGAZINES, KITCHEN WARE/UTENSILS, GAS COOKER and GLASS JARS.**

**UNHCR is grateful for your contribution in these collections. Contact: Catherine Hamon Sharpe ([hamon@unhcr.org](mailto:hamon@unhcr.org))**

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MISCELLAENOUS	VEHICLES FOR SALE	
<b>URGENT. HOUSING.</b> Diplomats looking for a good accommodation in Airport Res., Cantonment or East Legon. No agent please. Tel: 0242 266 713 (3)	<b>Land Rover Discovery Series II 4x4</b> In good condition, service history available from Mechanical Lloyd. Model: TD (Turbo-Diesel) 5 Model Year: 2001 Guards on front and rear lights Front Grill guard Extra Set - Alloy rims (4) Land Rover Fridge Transmission: Manual 5 speed gearbox. 5-seater, 5-door, Epsom Green US\$ 25,000.00 ono Contact: Mr Adekoye Ademola 233 24 286 8156 Fax: +233 21 512 981 (3)	<b>1998 Honda Civic 4 door sedan,</b> 61700 miles, manual transmission. Excellent condition. Duty not paid. (Estimated at 15 million cedi) Price Reduced to \$5200. Please call Diane at 0244331244.
<b>For Sale: Child Bike Seat –</b> New Top of the Line Topeak BabySitter suspension child bike seat. \$120. Please call Diane at 0244331244. (1)		<b>Mitsubishi Pajero 1997, 2.8 TDI, Diesel, A/T, Power Steering, Electric Windows, 5 Doors, 7 Seater, Sun Roof, Bi-color Metallic Green/Gold, duty not paid \$15500. Call 0244330173. (1)</b>
<b>For sale:</b> Like new Harvard Foosball Table for sale. Has an electronic score keeper along with manual score keeper. Has no ware marks. Paid \$500 and used rarely. Yours for \$300 or best offer. Call 774-502 and ask for Jessica. Accept cedi (2)	<b>Kia Sephia 1993. Available in December. Duty paid. \$2700.- or best offer</b> <i>Interested persons please call or Jennifer: 021-22812 or jenny-mo_77@yahoo.com (2)</i>	<b>Suzuki Grand Vitara 2.0 TD 5D</b> Registered 1st time March 2005 – 9200 Km, well kept. Diesel engine, Sun roof, Air-condition and Central lock system. Extra spares USD 16,000 - Duty not paid. Vehicle can be available immediately. (2)
<b>For Sale:</b> Very good condition Sony Camcorder and other accessories. Paid \$300 rarely used. Yours for \$200 obo. Zach after 6:00 pm 774-502. Cedi.(2)	<b>1996 Daewoo Nexia saloon car.</b> Automatic, driver airbag, power steering, electric windows. Reliable, durable and good run a round car. No Duty \$4500 OBO. ) Call 020 813-6962 or 0246 584 384 (3)	<b>Looking for a 4-year-old 4WD car for mainly in-town use.</b> Please contact Anne or Wilma de Groot at <a href="mailto:wilma.degroot@chello.nl">wilma.degroot@chello.nl</a> . (2)
<b>FOR SALE</b> GENERAL ELECTRIC DRYER LG REFRIGERATOR LIVING ROOM FURNITURE OFFICE GLASS TABLE OFFICE EXECUTIVE CHAIRS FILE CABINET AIWA PLAYER WITH TWO SPEAKERS EXERCISE BICYCLE LADIES SHOE STORING CUPBOARD FOR MORE INFORMATION PLEASE CONTACT: TEL: 021-271092 MOB:0244-972174 (2)	<u><b>Are you a quilter?</b></u> Create a memory of Ghana using my adinkra symbol applique patterns to make a quilt, a wallhanging, or pillows. For pictures and price list: email <a href="mailto:Widdison@hotmail.com">Widdison@hotmail.com</a> , Subject line: adinkra design patterns.	<b>2004 Nissan X-Trail.</b> Imported new from Japan in 2005. Fully loaded: Auto transmission; 4 wd; A/C; leather; pwr seats, windows; keyless entry; 6 disk cd changer and cassette. Still under warranty. All service performed at Nissan Auto Parts. Only 19,000 km. Duty not paid. \$23,000 or best offer. Call 0244-313-523 or e-mail <a href="mailto:jbsandefur@yahoo.com">jbsandefur@yahoo.com</a> . (3)
	<b>Famous Proverbs:</b> <b>No one tests the depth of the river with both feet.</b> <i>Ghanaian</i>	